



*Cope's Grey Tree Frog*

# Sweet Top Farm

CSA Newsletter, Week 16

October 3, 2012

## In your box this week

**Baby Carrots:** This is our favorite carrot variety so far: Mokum. Enjoy these "pencil" carrots raw or roasted whole in the oven.

**Savoy Cabbage:** This unique and beautiful cabbage can be used the same way as any other cabbage. It is especially delicious in this week's White Beans with Kale and Cabbage recipe.

**Cauliflower and Broccoli:** Soak in salted water before cooking; any cabbage loopers (green caterpillars) should fall off.

**Green Kale:** Try this week's recipe: White Beans with Kale and Cabbage.

**Leeks:** Best cooked. WASH WELL as dirt tends to get trapped between the layers as the leek grows.

**Lettuce Mix:** There is also some spinach in this mix. Remember, we prewash on the farm but recommend you wash and spin it before eating or storing this mix.

**Radishes:** Giant, crisp, and not too spicy. Eat them raw or cooked.

**Yellow Onions:** The onions have now formed the papery outer skins that make them good for storing, so you can keep the onions on your countertop.

**Scallions:** Remember these? Still one of our favorite versatile veggies; use them raw or cooked.

**Red and Green Tomatoes:** The frost killed all the tomato plants, but some of the foliage on a later succession protected a few tomatoes. Also included are a few green tomatoes (and a recipe for Grilled Green Tomatoes). Cook with these OR put them in a brown paper bag to ripen off the vine.

**Winter Squash:** This week's box includes a light colored acorn squash called Thelma Sanders and an oblong squash called Delicata. These are perfect for stuffing and we included a recipe that Megan learned on a farm she worked on in North Carolina.

**Herbs:** Curly Parsley—this wild looking herb is edible and quite flavorful despite its typical job as garnish on a plate. Parsley is also VERY high in vitamins A and C as well as iron and calcium. Chop finely and mix into the Kale and Cabbage recipe. **Want to experiment?** Try blending chopped parsley,

3 kale leaves, handful of berries, a banana, and a splash of apple juice for a super nutritious Green Smoothie.

**SURPRISE ADDITION: small striped eggplants or small sweet peppers**

## Not So Sad Goodbyes to Summer Vegetables

Yes, it is true. Peppers and tomatoes are done for the season. Most people say to us, "You must be so sad to see them go." Honestly, we are not at all sad about it. In fact, we feel pretty darn good that our plants produced until October. This season we put over 70 slicing and heirloom tomatoes in the box (that means we harvested about 2000 pounds of tomatoes just for the CSA), 10 pints of cherry tomatoes, and over 50 bell peppers. Can you believe you ate that many tomatoes and peppers!? Sad? No. Happy? Definitely!

That being said, Megan got a very wild hair this week (it must be the warm weather), and after talking with her Grandma Joan, she decided it was a good idea to harvest green tomatoes. Before you roll your eyes and have a tomato throwing contest, just try them. Best cooked, green tomatoes are tangy and tart and downright addicting. Last weekend at the farmers market, we tried fried green tomatoes, and they were so good that we had seconds and thirds (click this link for the recipe [Best Fried Green Tomatoes](#)). This week we included a recipe for Grilled Green Tomatoes for those of you that want a healthier alternative to the fried option. After this CSA box, we swear: No more tomatoes!

### Survey says...

We will send out this season's survey through an online program called Survey Monkey. The survey should take about 5 minutes, and the information is very helpful for us and for our business. Most of the questions do not require you to respond in writing, but we welcome your comments should you have any. We appreciate you helping us become better farmers and thank you (ahead of time) for completing the survey.

For those that were unable to attend this season's potluck, we want to fill you in on our biggest announcement. We will farm on the Kinney's land again next season, and after a very successful first year, we will continue the CSA. Our members will have the opportunity to sign up for the 2013 season before we open it up to those on the waiting list. You will be able to do this on the 2012 CSA survey and ask that you do so even if you have already told us in person or e-mailed us about your interest.

**Enjoy this week's harvest! –Megan and Adam**

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# Recipes

Find these and other recipes by clicking on the link below:  
[CSA Newsletter and Recipes](#)

## **Grilled Green Tomatoes**

***From your box: green tomatoes***

- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- 1 garlic clove, minced
- ½ tablespoon brown sugar
- A pinch of salt
- 2 medium-size green tomatoes, cut into 1/4-inch-thick slices

Combine first 5 ingredients in a large Ziploc bag. Add sliced tomatoes, shake gently, and marinate 1 hour. Grill tomatoes over medium-high heat, covered, about 4 minutes per side or until soft. Alternate on a plate with slices of fresh mozzarella and drizzle with reserved marinade.

*Adapted from [www.myrecipes.com](http://www.myrecipes.com)*

## **Stuffed Winter Squash**

***From your box: winter squash, carrots, onion***

Preheat the oven to 375°. Slice winter squash in half long ways. Scoop out seeds and place cut side down on a baking sheet. Bake until tender enough to stick a fork through the skin and flesh.

While the squash is cooking, prepare 1 cup of rice (2 cups if making 2 squash). Dice an onion, several carrots, and a clove of garlic. Sauté until onions are translucent and season with salt, pepper, and 1 teaspoon of dried oregano.

Once the squash is done, scoop out flesh and mix with other vegetables and cooked rice. Add a modest amount of flavorful shredded cheese (we like extra sharp cheddar) and some chopped cashews and mix again to combine. Stuff squash skins and top with another sprinkling of cheese. Cook in oven until cheese melts. Enjoy with a salad.

*From our farmer friends at Full Sun Farm who introduced us to the delights of winter squash*

## **White Beans with Kale and Cabbage**

***From your box: kale, cabbage, leeks, parsley, onion***

- 1 cup dried white beans, soaked for 4 hours or overnight
- Sea salt and freshly ground pepper
- 1 large onion, finely diced
- 2 leeks, white parts only, diced
- 1 bunch kale, the leaves stripped from the stems and slivered
- 1 small Savoy cabbage, quartered, cored, and chopped
- 2 garlic cloves, minced
- 1/2 cup chopped parsley
- 2 tablespoons olive oil, plus extra to finish

1. Drain the soaked beans, then put them in a pot and cover with cold water. Bring to a boil, add 1/2 teaspoon salt, then lower the heat and simmer, partially covered, until the beans are tender, about 1-1/2 hours.

2. While the beans are cooking, chop all the vegetables. Rinse the leeks, kale, and cabbage, but don't dry them.

3. Warm 2 tablespoons of the oil in a heavy wide skillet. Add the onion and leeks and cook over medium-low heat until the onion is soft but not browned, about 12 minutes. Add the kale, cabbage, garlic, parsley, and 2 teaspoons salt. Cook with the heat on low and the pan covered until the vegetables are soft and the volume greatly reduced, about 30 minutes.

4. When the beans are done, add them, along with a cup or two of their cooking liquid, to the pot. Simmer until the greens are completely tender. Taste for salt and season with pepper. Serve with, or over, garlic-rubbed toast, drizzled with olive oil.

*Adapted from [Local Flavors](#) by Deborah Madison*